



Effective Health Care

Treatment Options for Bipolar Disorder

Nomination Summary Document

Results of Topic Selection Process & Next Steps

- The topic, *Treatment Options for Bipolar Disorder*, was found to be addressed by an in-progress review being conducted by the Agency for Healthcare Research and Quality (AHRQ). Given that the review will cover this nomination, no further activity will be undertaken on this topic.
 - *Treatment for Bipolar Disorder*, to view a description and status of the research review, please go to: <http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/>
- To sign up for notification when this and other EHC Program topics are posted, please go to: <http://effectivehealthcare.ahrq.gov/index.cfm/join-the-email-list1/>

Topic Description

Nominator(s): Individual with bipolar disorder
Nomination Summary: The nominator is interested in whether individuals with bipolar disorder, specifically bipolar type I, are more or less likely to be positively or negatively influenced by groups. In discussion with the SRC and with the nominator, the nominator indicated that the topic could be refined to focus on 1) group versus individual therapy in bipolar disorder, and 2) the effects of treatment on social isolation/social functioning.

Staff-Generated PICO

Population(s): Adults with bipolar disorder

Intervention(s): Group and individual psychotherapy

Comparator(s): Those listed above (i.e., compared to each other)

Outcome(s): Control of symptoms (mood), quality of life, social functioning

Population(s): Adults with bipolar disorder

Intervention(s): Medication, psychotherapy, electroconvulsive therapy

Comparator(s): Those listed above (i.e., compared to each other)

Outcome(s): Social functioning, social isolation

Key Questions from Nominator: During a discussion with the nominator, the following key questions were formed:

1. What is the comparative effectiveness of group versus individual treatment for bipolar disorder?
2. What is the effectiveness of treatments to improve social isolation/social functioning in individuals with bipolar disorder?

Considerations

- The topic meets EHC Program appropriateness and importance criteria. (For more information, see [http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/.](http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/))

- Individuals with bipolar disorder may experience manic episodes, depressive episodes, or a mixed state of both mania and depression. Patients may behave impulsively, engage in high-risk behaviors, think of suicide, or attempt suicide. Proper treatment is needed to avoid these potential harms. Individuals may be uncertain whether individual or group therapy is better suited to their needs and what treatment options would address feelings of social isolation or improve overall social functioning.

- The topic was found to be addressed by an ongoing review from AHRQ titled *Treatment for Bipolar Disorder*. The review will include both group and individual therapy as interventions and will examine social functioning as an outcome of interest. Key questions from this report include:

What is the efficacy and comparative effectiveness of pharmacologic and nonpharmacologic treatments for adults with bipolar disorder?

- How do pharmacologic treatments (monotherapy or combination therapies) affect patient centered outcomes when compared with placebo?
 - How do pharmacologic treatments (monotherapy or combination therapies) affect patient centered outcomes when compared with other active pharmacologic treatment?
 - How do nonpharmacologic treatments (psychotherapy, psychosocial interventions, somatic treatments) affect patient centered outcomes when compared with usual care?
 - How do nonpharmacologic treatments (psychotherapy, psychosocial interventions, somatic treatments) affect patient centered outcomes when compared with other active nonpharmacologic treatment?
 - How do comprehensive programs affect patient centered outcomes when compared with usual care?
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- What are the comparative harms from pharmacologic and nonpharmacologic treatments for adults with bipolar disorder?
 - What are the harms from pharmacologic treatments (monotherapy or combination therapies) when compared with placebo or no active treatment?
 - What are the harms from pharmacologic treatments (monotherapy or combination therapies) when compared with other active pharmacologic treatment?
 - What are the harms from nonpharmacologic treatments (psychotherapy, psychosocial interventions, somatic treatments) when compared with placebo or usual care?
 - What are the harms from nonpharmacologic treatments (psychotherapy, psychosocial interventions, somatic treatments) when compared with other active nonpharmacologic treatment?
 - What are the harms from comprehensive programs when compared with usual care?
 - Which patient characteristics predict the effectiveness and harms of pharmacologic and nonpharmacologic treatments for people with bipolar disorder (substance use and other comorbidities, bipolar type, phase severity, early onset, new onset, treatment resistant, types of mania, types of depression)?